**Workshop Name**: Who Are YOU – Really?

**Website Description:** Have you considered the fact that you are the only person who will accompany you on this life journey from day to day, year to year, and birth to death? How much do you know about this permanent fixture in your life?

**Stake**/**Purpose**: People often ignore or abandon themselves, their spirit, their desires, their dreams and never live out their fullest potential or grandest dreams.

**Intended** **for**: Anyone

**Desired Impact:** Attendees will become aware of how much of their life is lived for others without conscious choice.

**Outcome:** Attendees will know that they are choosing – consciously or unconsciously – and understand the power of conscious choice.

**Supplies:** My childhood photo collage, journaling page (end of this document), extra paper and pens

**Musical content:** It Dwells Within, Show Up, Look Beyond, It Is My Song, You Decide

**Resources (books, articles, etc.) for participants:** Songs and Poetry links on handout

**Content:**

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| --- | --- |
| **Where We Are Whole**  Oh that you would stop to see  the glory that is you  for we do choose who we will be  each day our whole lives thru.  And if our choices we deflect  for others' lofty goals  in essence we have chosen  to betray our sacred souls.  Yet if, instead, we choose the way  of deep and inner passion  withholding not our energy  and from ourselves do fashion  a life of deepest knowing  as we flow throughout our days  then by the river of our making  will the neighbors stop and graze.  Strengthened by the life that teems  from all that we project,  each blessed man and woman  will have learned to self-protect...  and listen to the calling whispered  deep within our souls  and see with utmost clarity  a purpose and a goal.  And we will choose to feed the hunger  deep within our soul.  And we will feed each other  from this place where we are whole. | **Look Beyond**  Look beyond the things you see.  Look beyond apparent reality  In this life so much that we believe …  We’ve come to  Hold as truth, without a doubt,  We’re living yet not thinking for ourselves.  For every day, teachers come and they do go.  Our parents taught us only the best that they did know  And we learned well to follow in their paths  Thinking we’d found the way, the only way,  Yet Life has more to offer us this day.  So take the time to question what you know.  Pray to have the courage to let it go  Then open wide to truths that wait for you.  Let Spirit speak unto your soul and guide you  to Love’s treasures sent to make you whole.  For Spirit speaks directly to your soul.  You’ll hear a message that’s clearly your very own.  So go within and learn your lessons well.  Then go into the world, be on your way.  And share the Love God sent to you today.  **It Dwells Within**  Take time to reconsider all you've been taught.  The Truth, it dwells within.  Come walk the sacred journey down to your soul.  It's time now to begin!  Each life has a purpose.  Each life has a plan.  The journey is unique for each woman and man!  You've a special purpose:  a job to be done.  For every man and woman is the Holy One!  You need only know the first step  then reach out in faith.  The longest journey has a first step ...  each and every day!  Take that first step.  Take that first step.  Take that first step.  Begin!  Take time to reconsider all you've been taught.  The Truth, it dwells within.  Come walk the sacred journey down to your soul.  It's time now to begin the journey within! |

* + - * Who here is doing with your life exactly what you always dreamed of?
      * Today’s discussion could go deep. Share as you find yourself trusting.
      * I need to start with some of my story:
  + Acting, singing…
  + Went to college ‘cause Mom said so
  + Cooked, cleaned, ran the household – ‘cause I was supposed to
  + Attended a particular church – ‘cause I was supposed to
  + What did Jeanne want? I didn’t know. Couldn’t identify passion.
    - * What about you? Do you know your passions? Dreams? Are you acting on them? Why or why not?
      * Consider these things – realizing that part of a parent’s job is to help the child survive in society, they pass along what they know. We learn – but do we ever pause to choose for ourselves? What aspects have you intentionally chosen (and not):
  + Where you live
  + Job or lack of one
  + Friends
  + Family traditions (holidays, first day of school, …)
  + Religious beliefs and affiliation
  + What you do with your spare time
  + The kind of meals you create – whether or not you cook
  + …
    - * JOURNAL (do I want these written out ahead of time? 15 minutes of journaling):
  + If you could claim your deepest truths, what do you know:
    - What are you most grateful for in your life?
    - What secret desire have you never told a soul?
  + If you believed you had infinite energy, time and opportunity now:
    - What would you keep (stuff, activities, relationships, job…)?
    - What would you stop doing (release) immediately?
    - What would you start to engage in?
    - Who would you be with?
    - What’s your short list of “Gotta do in this lifetime”?
      * BUDDY UP
  + talk about what you wrote to the current level of your “trust”
  + notice and share how it feels when you consider changes to more align with your truth
    - * COMMITMENTS
  + In order to take one step closer to your true self:
    - What 1-3 things will you stop now?
    - What 1-3 things will you start now?

Know that these can be “explore a new …” or “try this” … Doesn’t have to be QUIT MY JOB or CHANGE CHURCHES or DROP ALL MY UNHEALTHY FRIENDS. Could be, talk to those friends differently or engage more fully at my job to make it more meaningful.

* + Consider asking your partner to buddy with you in keeping the commitments.

***Who Are YOU – Really?***

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* Who would you be with?
* What’s your short list of “Gotta do in this lifetime”?

Some songs and poetry to inspire can be found at [www.SongsForYourSpirit.com](http://www.SongsForYourSpirit.com) 🡪

Songs: It Is My Song, It Dwells Within, Look Beyond, Show Up

Poems: Where We Are Whole